

# YUVA MANN MEET

Wellness Festival 2020

॥ দূৰনিৰ জীৱন, হৃদয়ৰ মিলন ॥

Bridging hearts, being miles apart



Save the dates!

5th and 6th December 2020

(Saturday and Sunday)

Online Festival

on Zoom platform

Organized by

Youth Wellness HUB, LGBRIMH, Tezpur



Collaborating partners:

Green Hub, Tezpur &  
Dept. of Mass Comm. & Journalism,  
Tezpur University



STAY TUNED  
FOR MORE  
DETAILS!





# YUVA MANN MEET

W e l l n e s s F e s t i v a l 2 0 2 0

Bridging hearts, being miles apart

Date & Time	Title of the session	Brief description	Spot lights on
5th Dec 2 - 3 PM	Inaugural session	Virtual Opening of YUVA MANN MEET Wellness Festival 2020 : Prof. S. K. Deuri, Director, LGBRIMH, Tezpur  Foreword to Festival : Dr. Jay Ranjan Ram (Mental Health Foundation, Kolkata)  Unveiling the festival theme through photos, music and painting	
5th Dec 3:30 - 5 PM	Curative Verses: When Words Heal	When written and spoken words help us travel to the land of self-expression & self-healing	Angshuman Sarma (Spoken-word poet, Guwahati) Anuttama Banerjee (Psychotherapist & Poet, Kolkata)  Moderator: Tinam Borah
5th Dec 5:30 - 7 PM	CommUNITY Wellbeing: Towards better Tomorrow	When stories of our communities are re-told to us to unfold a community with its own strengths and resonance	Rishi Raj Sarmah (Maati Community, Guwahati) Babu Ayindo (Peace builder & Story-teller, Kenya)  Moderator: Raviraj Shetty
6th Dec 2 - 3:30 PM	Reconnecting with Nature	When we reconnect with our Earth to conserve the wellbeing of nature as well as wellbeing of us	Shikha Srikanth (Wildlife Biologist) Shirshendu Sekhar Das (The Midway Journey, Guwahati)  Moderator: Arpana Choudhury
6th Dec 4 - 5:30 PM	Conversations of Hope & Solidarity	When we co-create a space to converse around issues relevant to youth in an attempt to build hope and solidarity	
6th Dec 6 - 8 PM	Concert of Lives  Closing of Yuva Mann Meet Wellness Festival 2020	When we create bridges between hearts through music, painting and stories, even when they are miles apart	Arpita Kumu & Ar An Ya (Vocal, Guitar & Piano) Abhinav Sarma (Flute) Ravi Ramaswamy (Djembe) Ractim Goswami (Vocal) Manas Saikia (Violin) Manaskam Kakati (Percussion) Runal Rajbonshi (Painting)  Moderator: Anil Kr. Bhattacharyya and Diptarup Chowdhury

Stay tuned for more details!

youth\_wellness\_hub [yuva.mann.meet@gmail.com](mailto:yuva.mann.meet@gmail.com) 6901020199

Youth Wellness HUB Yuva Mann Meet





# YUVA MANN MEET

## Wellness Festival 2020

### Curative Verses: When Words Heal

নিৰাময়ী বচ, নিদাতৰ শব্দ

When written and spoken  
words help us travel  
to a land of self-expression  
and self-healing

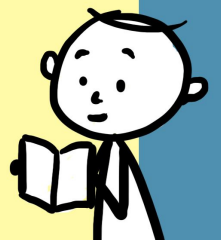
#### Resource Persons:

Angshuman Sarma  
(Spoken-word poet, Guwahati)

Anuttama Banerjee  
(Psychotherapist & Poet, Kolkata)

Moderator:  
Tinam Borah

5th December  
3:30 PM - 5:00 PM





# YUVA MANN MEET

## Wellness Festival 2020

### CommUNITY Wellbeing: Towards better Tomorrow

যুৱী আৰু যুৱীক সমাজ: এক নতুন দিগন্তৰ দিগন্ত

When stories of our communities are re-told to us  
to unfold a community with its own  
strengths and resonance

#### Resource Persons:

Rishi Raj Sarmah  
(Maati Community, Guwahati)

Babu Ayindo  
(Peace builder & Story-teller, Kenya)

Moderator:  
Raviraj Shetty

5th December  
5:30 PM - 7:00 PM





# YUVA MANN MEET

## Wellness Festival 2020

### Reconnecting with Nature

প্রকৃতিৰ সৈতে পুনৰ্মিলন

When we reconnect with our Earth  
to conserve the wellbeing of nature  
as well as wellbeing of us

#### Resource Persons:

Shikha Srikant  
(Wildlife Biologist)

Shirshendu Sekhar Das  
(The Midway Journey, Guwahati)

Moderator:  
Arpana Choudhury

6th December  
2:00 PM - 3:30 PM







# YUVA MANN MEET

## Wellness Festival 2020

### Conversations of Hope and Solidarity

ଆମ ଆଉ ଅନୁଭବର ଆଲୋଚନା

When we co-create a space to converse around issues relevant to youth in an attempt to build hope and solidarity

6th December

4:00 PM - 5:30 PM

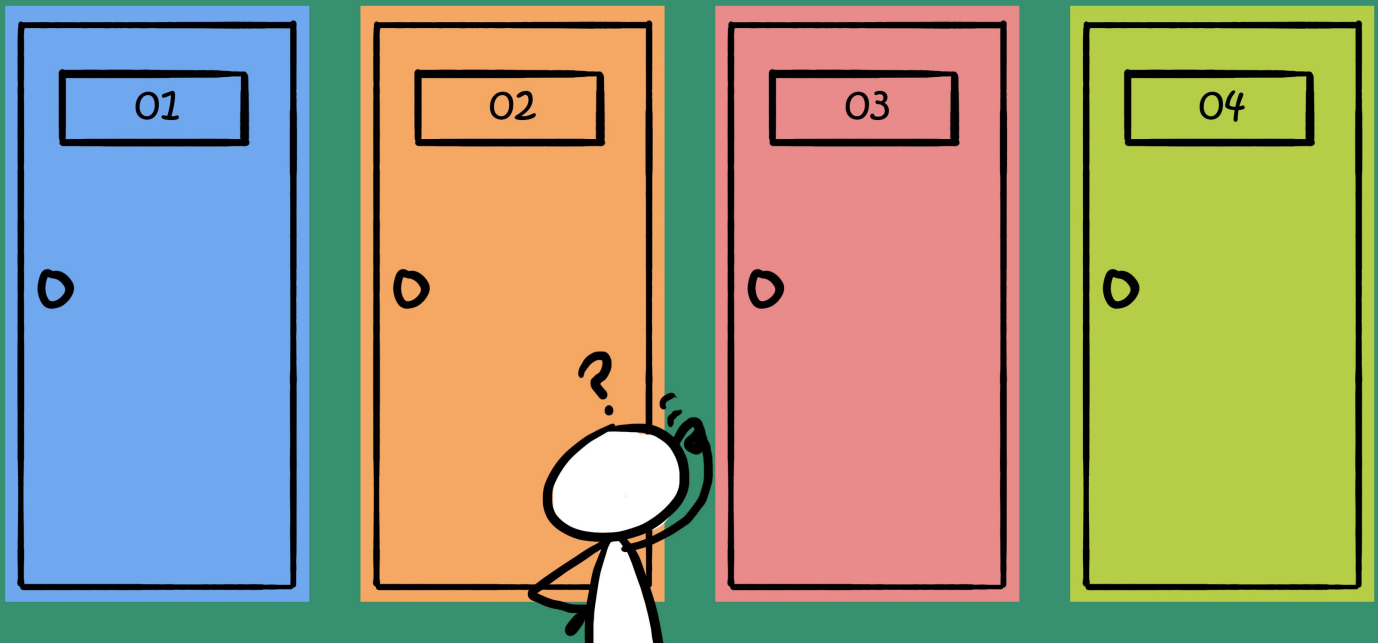
Simultaneous conversations on

Inviting Wellness  
to our  
Educational  
Spaces

Amplifying our  
Voices: Youth with  
Mental Health  
Challenges & (Dis)abilities

Our Alternate Worlds  
of Sexualities  
and  
Preferences

We and  
Our Elders:  
Reconnecting  
with Each Other





# YUVA MANN MEET

Wellness Festival 2020

## Concert of Lives

জীবনৰ প্ৰকাশন

When we create bridges  
between hearts, through  
music, painting and stories,  
even when they are  
miles apart

Arpita Kumu & Ar An Ya  
(Vocal, Guitar & Piano)

Abhinav Sarma  
(Flute)

Ravi Ramaswamy  
(Djembe)

Ractim Goswami  
(Vocal)

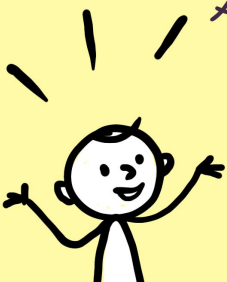
Manas Saikia  
(Violin)

Manaskam Kakati  
(Percussion)

Runal Rajbonshi  
(Painting)

Moderators:

Anil Kr. Bhattacharyya  
Diptarup Chowdhury



6th December  
6:00 PM - 7:30 PM

